



# **BROOKINGS COUNTY 4-H ARCHERY SHOOTING SPORTS**

## **GOAL: SAFETY FIRST**

### **Good Sportsmanship Includes:**

Safety First; Respect Rules and Range Officers; Helping Younger Shooters; Reporting Safety Violations.

### **Arrive at Archery Range on time:**

- **Sign in**
- Get assigned bow and arrows with hip quiver ready
- Put on arm guard and finger tab
- If this is the first class of the day then help set out all equipment and get arrow backstops ready

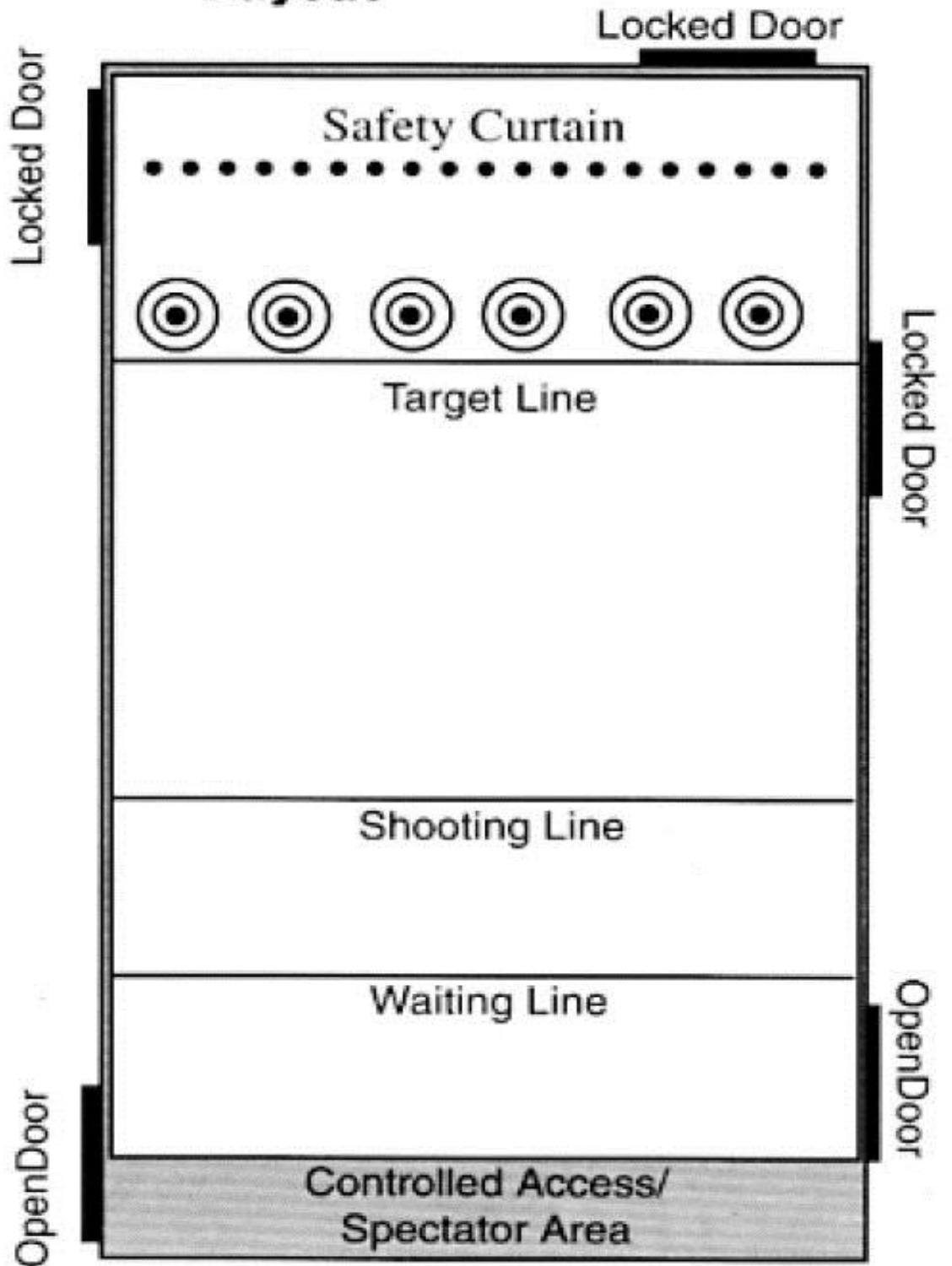
### **Before Leaving Archery Range:**

- Put away bow, arrows and quiver
- Put away arm guard and finger tab
- **Sign out**
- If this is the last class of the day then help put away all equipment

### **Lines on the Archery Range Floor:**

- **Shooting line:** Archers stand on top of (straddle) this line while shooting.
- **Waiting line:** The line that only shooters and instructors may cross until cease fire is called.
- **Coaching line** (another name for "Waiting line"): Parents and others coaching a shooter stand behind this line.
- **Shot arrow line:** A line approximately 8 feet past the shooting line. If a dropped arrow crosses this line, it is considered as "shot". If a dropped an arrow does not go past this line, then a shooter is allowed to re-shoot the dropped arrow when range officer says the arrow can be safely re-shot.
- **Target line:** A line approximately 5 feet before the target. When someone else is scoring and pulling arrows, the shooter remains behind this line.

# Indoor Archery Range Layout



USA Archery

## **The Archery Range uses a Whistle Command System as follows:**

- 1. Two whistle blasts/ "Archers to the shooting line"**
  - a) Archers walk carefully to the shooting line
  - b) One foot on either side of the shooting line
  - c) Keep arrows in quiver, fingers off string
- 2. One whistle blast/ "Commence firing"**
  - a) Remove arrows one at a time from quiver, load bow, shoot at target
  - b) When all arrows have been shot, step behind waiting line, place bow on rack, wait for signal to walk forward to remove arrows from the target
- 3. Three whistle blasts/ "Retrieve arrows"**
  - a) Walk carefully toward your target to retrieve arrows
  - b) Stop at the Target line for additional instructions.
- 4. Four or more whistle blasts in rapid succession/ "Cease fire"**
  - a) Dangerous condition
  - b) Stop shooting, even if ready to release
  - c) Place arrow back in quiver
  - d) Wait for signal to resume shooting
  - e) Anyone who detects an unsafe condition can call a "Cease Fire"

## **Archery Range Procedures:**

- Wait behind the waiting line until you hear 2 whistle blasts or "Archers to the shooting line".
- Pick up your bow and walk to the shooting line. Place one foot on either side of the shooting line, about shoulder width apart.
- Keep your arrows in your quiver with bow resting on the top of your toes (shoe) until you hear 1 whistle or "Commence shooting".
- After you have shot all your arrows, step back from the shooting line, set your bow on the rack and wait behind the waiting line.
- After everyone is done shooting and behind the waiting line, the instructor will blow the whistle 3 times or give the command "Walk forward and retrieve arrows".
- Walk to the target line and wait for instructions for pulling your arrows from the target.

## **Archery Safety includes:**

- Wear clothes that will not be caught in bow strings. So, no necklaces, no hood strings, no bulky sweatshirt sleeves, and your long hair must be pulled back with a tie.
- Wear closed toe shoes, since you rest the bow on top of your shoe.
- Piercings and earrings that might interfere with the bowstring should be removed.

- Arm guards should be worn on the forearm of your bow arm.
- The two danger points of an arrow are point and nock. Point is sharp and can pierce. Nock can hurt other people, especially when pulling arrows.
- Carry arrows in your hip quiver. If you do not have one, grasp all the arrows near the points and carry them by our side with the arrows behind your shoulder.
- Never place arrows or bow on floor or ground where they might be stepped on.
- Always walk when carrying archery equipment.
- Pull arrows from target one at a time, while looking back to ensure that no one is standing behind you who could be poked by the nock. Then place immediately in quiver.
- ***Never ever dry fire. (shoot bow without arrow as this can ruin the equipment and can injure you).***
- Always hang up or hold the bow so it will never be stepped on.
- Always shoot forward and never shoot straight up.
- Always pull bowstring to full draw with arrow pointed at (never above!) the target.
- Focus on your target when at full draw, instead of on the arrow or sight pin.
- Avoid sugar and caffeine for 24 hours as will be shaky and your shooting aim will become is harder.
- Dropped Arrow on line: Wait until all shooters are finished, then range officer will let you shoot the dropped arrow.

## Shooting Arrows:

- Remember to pull the bowstring the same way every time. Index finger to the corner of your smile and the string touching your nose are reference points which together make up your anchor point.  
More than one point of contact on your face is better, three is ideal.
- After shooting the arrow, then hold steady until arrow hits the target before lowering your bow arm.

## Remember Line Courtesy:

- Your space is between the two lane marker lines only. Keep your body, arrows, and bow in this space. Do not touch or bump the next person.
- Your bow should be straight up and down when going to full draw.
- Do not leave the shooting line when person next to you is at full draw.
- Shooting requires concentration. Do not distract other shooters with talking while on shooting line or with loud talking or excessive activity while on range.
- When finished shooting, rest bow on your foot, then wait until the shooters next to you are not shooting an arrow before leaving the shooting line.
- Flash Photography is allowed only when taking pictures of the arrows in the target.
- Always try to do your best!

## Match Round:

- Shoot 5 arrows per round.
- Shoot 6 rounds (30 arrows) per match.
- 4 minutes per round. Hear verbal command or timer indicator when 30 seconds are left. Hear verbal command or Stop indicator when time is up.
- The archery must have released the final arrow before stop indicator comes on or cease fire is called at 4 minutes. If you at full draw when the stop indicator occurs, carefully let down the string, un-nock the arrow and place in your hip quiver.
- Practice Round: No limit on the number of arrows you shoot.

## Shooting Distance from Target:

- Beginner (8-10 years): 10 Yards
- Junior (11-13 years): 15 Yards
- Senior (14-18 years): 20 Yards

## Score for Match

- Do not touch arrows or target face until after all arrows in your scoring group have been written down and everyone agrees on the score for each arrow!
- Arrows points are 5,4,3,2,1,0 points
- Call scores from highest to lowest number
- Arrow that touches X-Ring (bullseye) is written on score sheet as "X" and counts as 5 points. (Do not call or record 5X – it is confusing!)
- If shot 6 arrows in round by accident, then highest score does not count.
- When scoring, say score of each arrow out loud like: X, 5, 3, 3, 0
- For each round, add the score going across the page and write total for round in "Total" box.
- When finished shooting 30 arrows, add "Total" Round scores together then write that number in the "Grand Total" box at bottom. 150 points, 30 X is highest possible score for 4-H match.

	Arrow						
	1	2	3	4	5	Total	X Score
Round 1	X	5	3	3	0	16	1
Grand Total						16	1

**County: Brookings county is number 6.**

## Archery Division includes 8 classes:

**CWS, CWOS, RWS, RWOS, CWS-R, CWOS-R, C-Open, R-Open**

C=Compound Bow: Compound bows have cams (or wheels) and cables

R= Recurve Bows: Recurve bows have limbs that are curved towards the ends with no wheels or cams  
S=Sight: A sight is anything used as a point of reference to help you aim  
R=Release: Mechanical “finger” that holds bow sting and includes a trigger to smoothly release the string.  
WO: Without  
W: With  
Open: Example using larger stabilizer, or magnifying sight.

## SCORING ARCHERY TARGETS – THE SINGLE SPOT



From the center of the target outward, the scoring areas are X, 5, 4, 3, 2, 1. Shots outside the scoring area are scored as misses.

To score targets, start in the center X and count out to the 1 ring. Each X counts as 5 points

This target would score:

X, 5, 4, 3, 2 for a total of 19 with 1X



Point values will be determined by the location of the shaft as it rests in the target.  
Arrows aren't to be touched or removed before scores are recorded.

This target would score:

X, 4, 4, 4, 0 for a total of 17 with 1X

## SCORING ARCHERY TARGETS – THE 5 SPOT



From the center of the target outward, the scoring areas are X, 5, 4. Shots outside the scoring area are scored as misses.

To score targets, start in the center X and count out to the 4 ring. Each X counts as 5 points

This target would score:

X, 5, 5, 4, 0 for a total of 19 with 1X



Point values will be determined by the location of the shaft as it rests in the target.

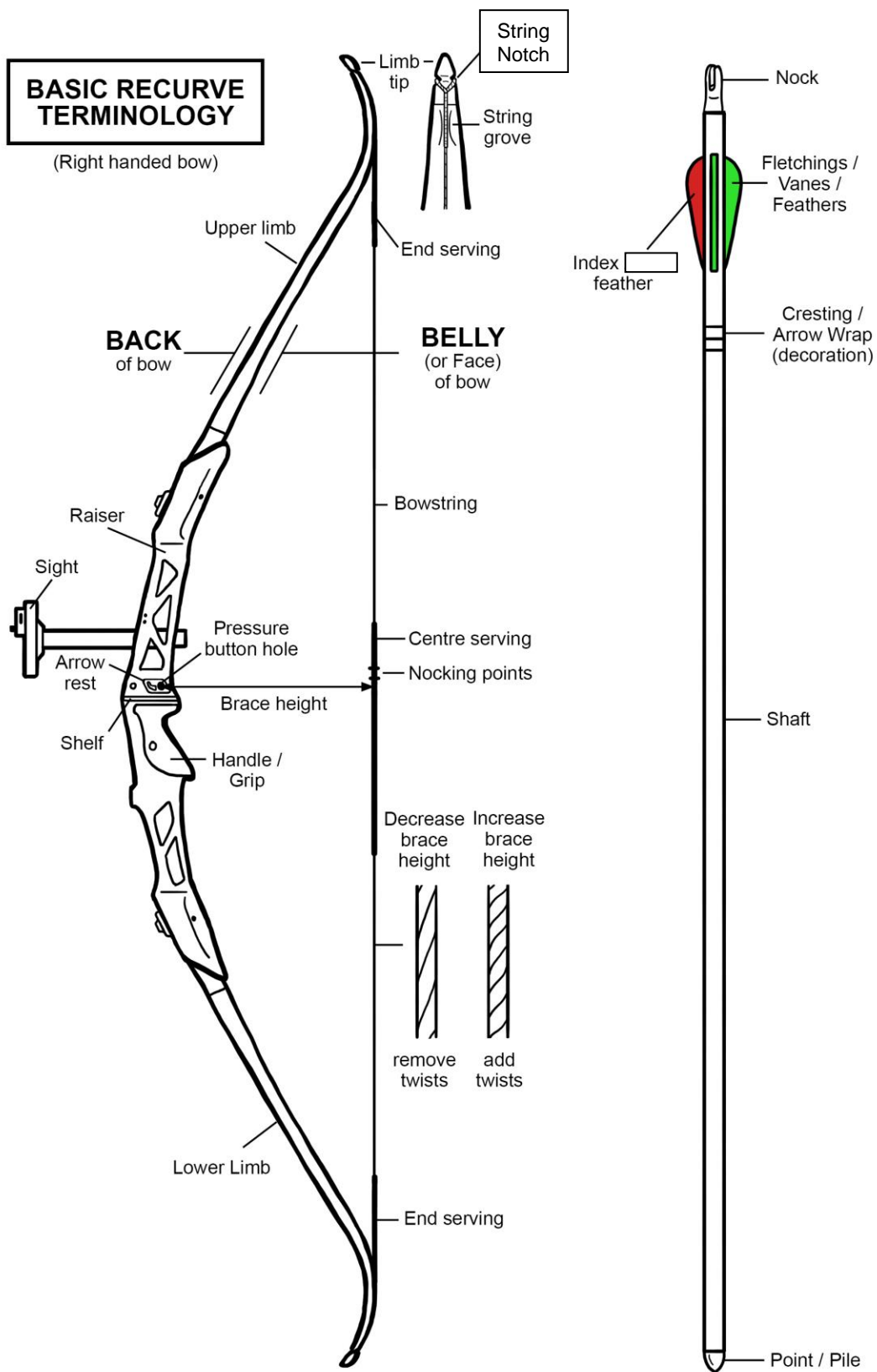
Arrows aren't to be touched or removed before scores are recorded.

This target would score:

X, X, X, 4, 4 for a total of 23 with 3X

Note: The shooter may shoot 1 arrow in each of the 5 spots or may shoot 5 arrows into 1 spot or any combination thereof.



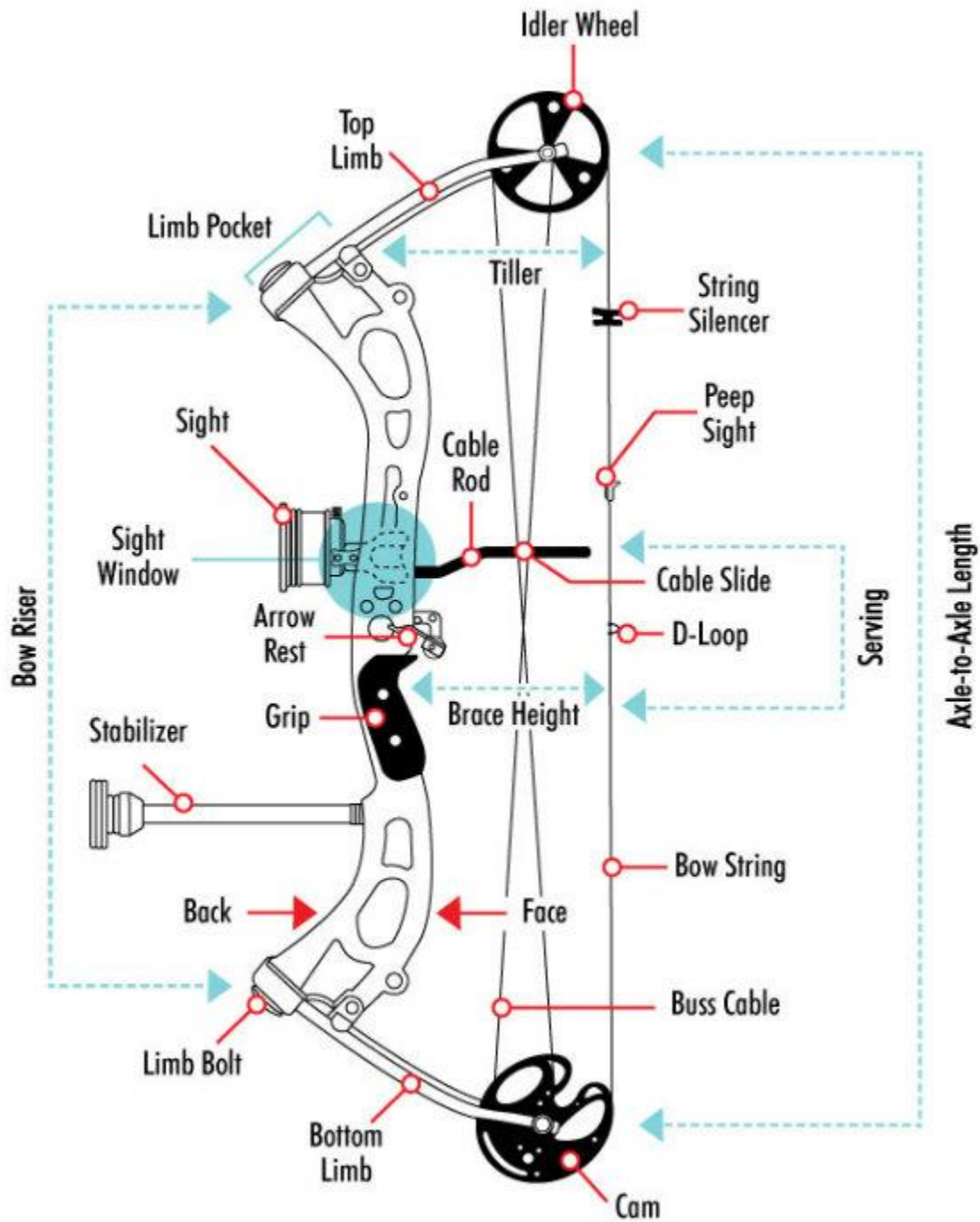


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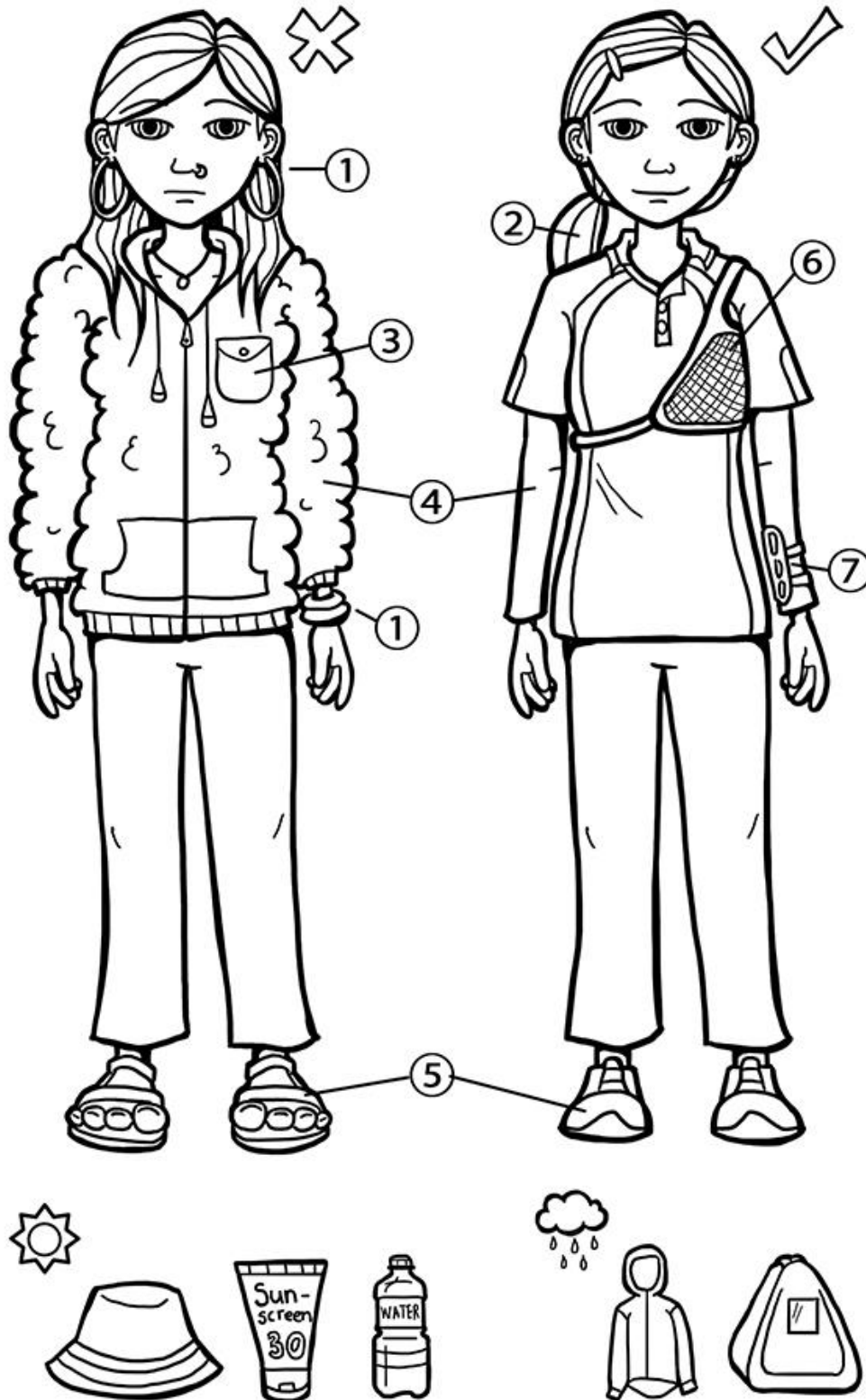
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## Basic Compound Bow Terminology



## Archery Safety requires you to dress properly

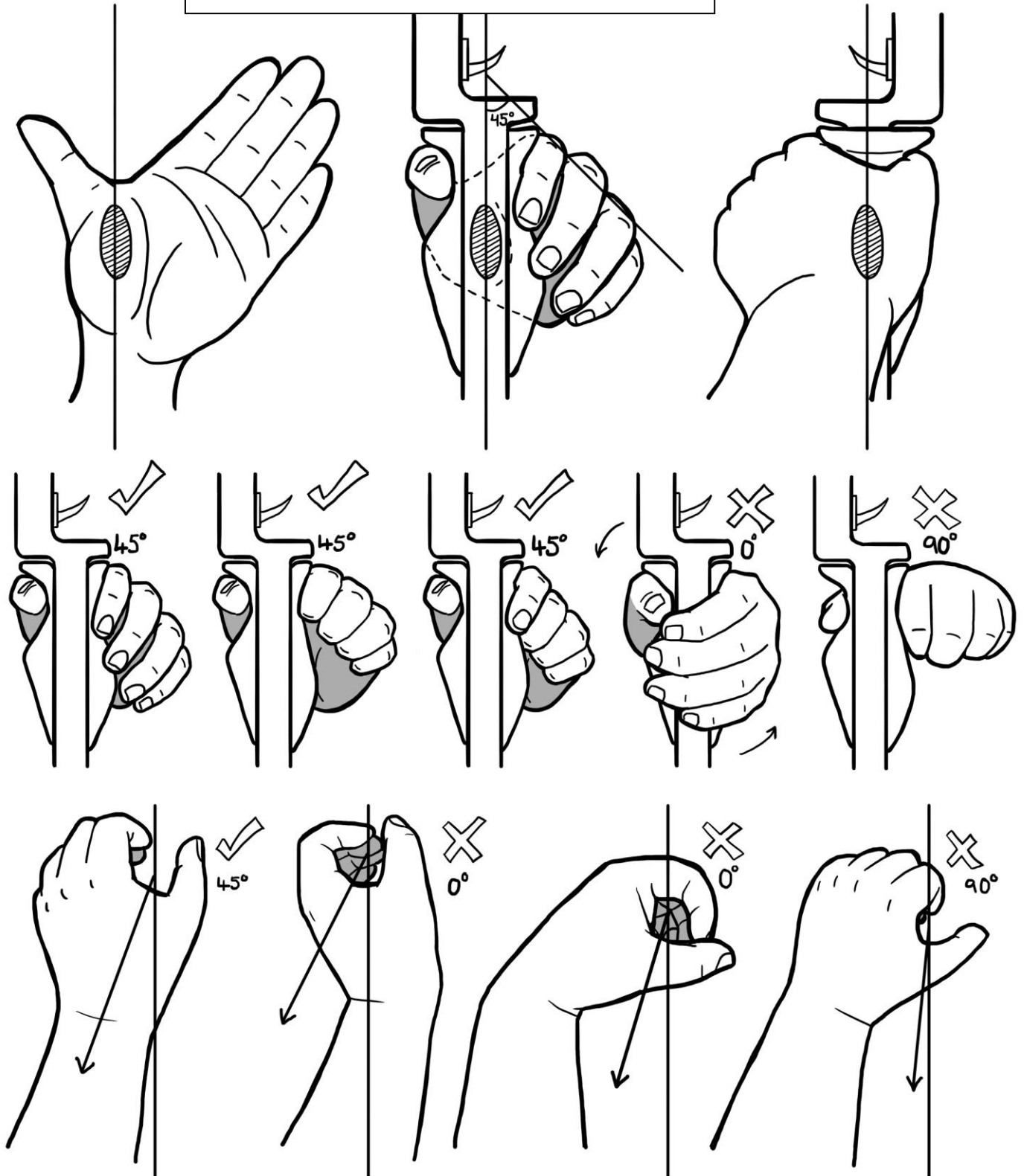


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## How to hold the bow.

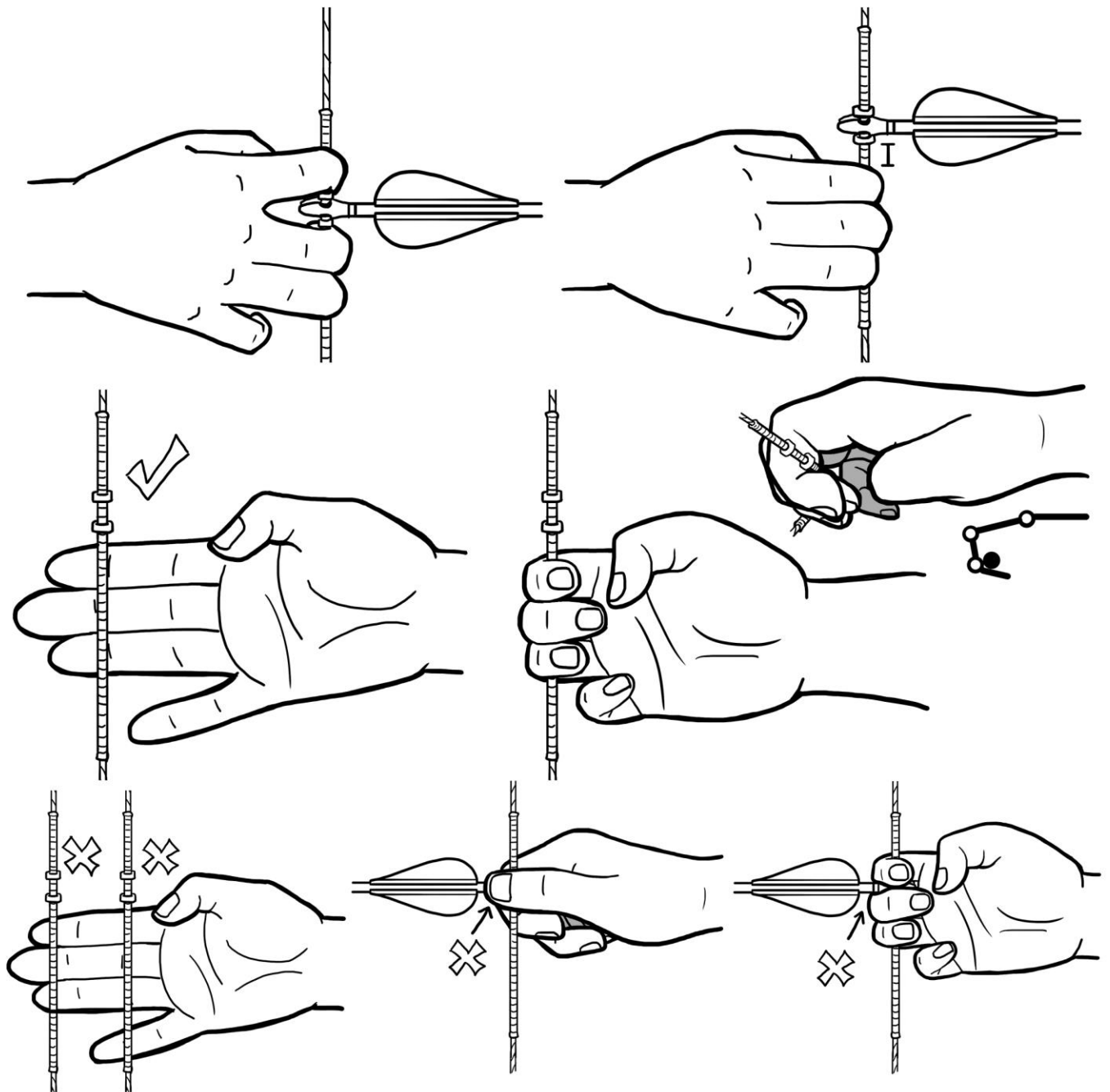
Gently place the Index finger of your bow hand on the front of the riser.



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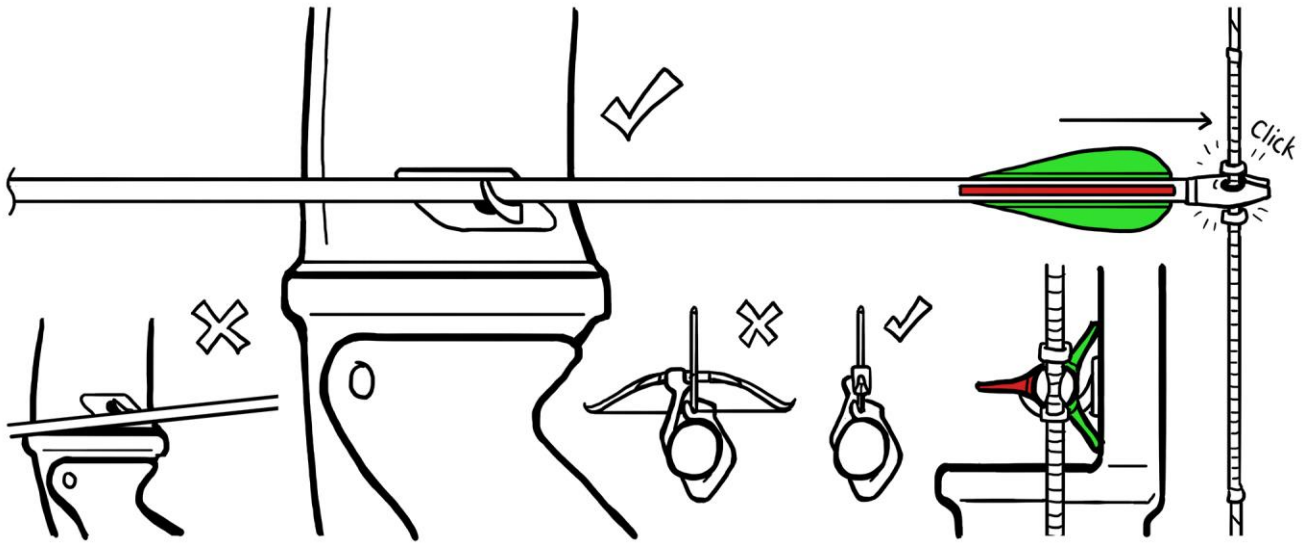
## How to hook the string



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## How to nock the arrow



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- When loading the bow, keep the bow vertical. If you are having difficulty, ask an Instructor.
- When shooting with fingers, the Index feather/vane faces towards the shooter and away from the bow as illustrated above.
- When pressing the nock on the bowstring, make sure you hear a little “click”. If you don’t hear a click, tell the Instructor. The nock may be cracked or in need of replacement.
- Make sure the arrow is on the arrow rest.